

## Mayo Clinic Minute: What high triglycerides mean and why it matters to your heart

You may be familiar with high density lipoproteins (HDL), or good cholesterol; low-density lipoproteins (LDL), or bad cholesterol; and their connections to heart health. But what about triglycerides? Often that word gets skimmed over when talking about cholesterol levels.

Dr. Regis Fernandes, a Mayo Clinic cardiologist, says triglycerides provide the body with energy from food. High levels can indicate signs of other conditions, like diabetes or prediabetes, that can increase the risk of heart disease and stroke.

Video	Audio
	Triglycerides, the main kind of fat in your body, store extra energy from the food you eat.
Regis Fernandes, M.D. Cardiovascular Medicine Mayo Clinic	"It's an energy source. It's like a little battery used for energy. But too many triglycerides can also cause heart disease."
	People who are overweight, in general, have high triglyceride levels and good cholesterol levels that are low, says Mayo Clinic's Dr. Regis Fernandes.
	"They may get heart disease not because their LDL is high, they get heart disease because the HDL is low and the triglycerides is high."
	And this is significant for people in their 30s and 40s.
	"The most common form of atherosclerotic heart disease in young people is this type — where we see high triglycerides, low HDL. It's much more common than just high LDL cholesterol."
	So what can you do? Reducing simple carbohydrates, such as refined sugars and flours, can help lower your weight, improve your cholesterol and triglyceride levels. And you can back that up with exercise.
	"One of the best ways to lower triglyceride levels is to exercise. Also, exercise helps to lose weight. And when you lose weight, your triglycerides improve a lot."
	For the Mayo Clinic News Network, I'm Joel Streed.

